

ELIZABETH

When we think of snot, we usually think of the stuff that oozes out of us when we're sick, right?

CHOE:

[SNEEZE]

It's just more gross bodily fluid that we seem to excrete for whatever reason. But snot is more than just the stuff that hangs out of the noses of most two-year-olds, and some 20-year-olds. It's filled with all of these cells that do everything from fighting infection to keeping your esophagus from ripping up every time you try to eat something.

[CHOKING]

And that "junk" actually can keep stuff out of your body. And then it knows what to keep out, what to let in, and when to do it all. What? That is so crazy. Snot and mucus is so important that your body makes a gallon of it a day, which is disgusting. But then I think about it more, and I actually would rather keep all that around.